Maine State Library
Maine State Documents

Center for Disease Control Documents | Health & Human Services

12-1-2009

December 2009 Disaster Behavior Health Newsletter

Maine Department of Health and Human Services

Maine Center for Disease Control and Prevention

Follow this and additional works at: http://statedocs.maine.gov/mecdc_docs

Recommended Citation
Maine Department of Health and Human Services and Maine Center for Disease Control and Prevention, "December 2009 Disaster Behavior Health Newsletter" (2009). *Center for Disease Control Documents.* Paper 111.
http://statedocs.maine.gov/mecdc_docs/111

This Document is brought to you for free and open access by the Health & Human Services at Maine State Documents. It has been accepted for inclusion in Center for Disease Control Documents by an authorized administrator of Maine State Documents. For more information, please contact statedocs@maine.gov.

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Helping Our Communities In Need

Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services
John E. Baldacci, Governor Brenda M. Harvey, Commissioner

DISASTER BEHAVIOR HEALTH NEWSLETTER

Volume 1 No. 6: December 2009

Knox County Full Scale Drill Participation

Several DBH team members participated in the Knox County drill to help set up and staff a Family Support Center within Penobscot Bay Medical Center. The multi-event drill was centered at Camden Hills High School, where students and parent actors responded to a bus accident which set off a hazardous materials leak. The exercise began with an intruder who caused a security lock-down in the school. Working with Red Cross volunteers, who set up and staffed a Family Assistance Center near the school, team members were able to register and respond to almost twenty individuals. It presented a great opportunity to practice skills and readiness for a large-scale event. Thanks to all who participated and also those who supported our involvement in the drill!

Trainings—Completed and Coming!

We were able to offer three disaster behavioral health trainings this year — in Somerset, Franklin and York counties. Applications are still coming in, but we have already increased our volunteer base with more than ten new team members! We offered two tracks of Psychological First Aid and heard from several team members they would like to have it offered annually. We will plan to offer it again next fall. We offered IS-100 & IS-700a in Augusta at the end of November and will continue to offer it a few weeks after trainings to help with that final registration requirement. Plans are in the works for a team leader training and half-day exercise in early Spring—stayed tuned! Let us know if there are specific trainings you would like us to offer—

VOLUNTEERS NEEDED!

We'll gladly explain what Disaster Behavioral Health is, why it's important, and how to get involved — to any group with an interest in learning about us! We're always looking for skilled volunteers and ways to get the word out—don't hesitate to ask us to speak with your group—call Pam at 287-3796.

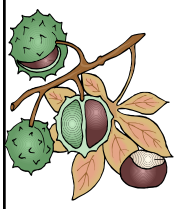
MORE NEWS AND RESOURCES FOR DISASTER BEHAVIORAL HEALTH

- HAN Coordinator—A new Health Alert Network Coordinator has joined the Maine Center for Disease Control and Prevention — Nate Riethmann Nate will be the "go to" person for all HAN questions/concerns. It's a busy time with H1N1, so call Pam first in case she can help.
- Sagadahoc and Hancock counties are the focus for disaster behavioral health trainings in 2010. We also want to continue to revisit those pilot counties that had their first training in 2005, before the state curriculum was introduced.
- Consortium Update—Pam attended the 4th annual Multi-State Disaster Behavioral Health Summit in Annapolis in September. Member states/territories now number more than 20, with additional supporting memberships. We are hoping to have a representative on the Disaster Mental Health Subcommittee of the National Biodefense Science Board (NBSB) soon. There are several consortium subcommittees at work on various aspects of DBH and a website being developed that will be useful to all members and provide national updates.

Best Wishes for a Happy, Restful & Safe Holiday!

Website for Maine DBH!

We're working on a Disaster Behavioral Health website for Maine! There are many states with very full DBH websites and we expect to have many useful links as well as information specific to Maine — hopefully to be completed early in 2010!



Psychological First Aid (in a nutshell)

1. **Contact & Engagement**
2. **Safety & Comfort**
3. **Stabilization**
4. **Information Gathering**
5. **Practical Assistance**
6. **Connection With Social Supports**
7. **Information on Coping**
8. **Linkage With Collaborative Services**

(Nat'l Child Traumatic Stress Netowrk)

We hope to offer PFA annually—dates for 2010 forthcoming!

To remove your name from our mailing list, please click here.

Questions or comments? E-mail us at Pamela.Holland@maine.gov